

THE PULSE

BY THE NUMBERS



Which country sleeps better?

- New Zealand has the highest sleep average at 7hrs 30min
- Japan has the lowest at almost 6 hrs

11:21PM

Average bed time for Americans



Source: [Shortlister.](#)



FOCUS

SLEEP HYGIENE 101

How's your sleep hygiene? Sleep hygiene refers to your sleeping environment and your behavior right before you call it a night. A healthy sleep routine is important to one's physical and mental health.



DETAIL

GET INTO YOUR "SLEEP BETTER" ERA

By Isaac A Cruz, Wellbeing Consultant

Trouble sleeping can affect anyone from time to time. Persistent insomnia (a disorder that can make it hard for one to fall asleep or stay asleep) can increase your risk and chances of developing heart disease and type 2 diabetes. A lack of sleep will not only make you groggy the following day and maybe moody, but it can also result in gaining weight. If you are daydreaming of a good night's sleep, here are some tips to consider:

- **Let's drop the temp!** The ideal temperature to sleep is between 65 and 72 degrees. Cooler for women going through menopause or hot flashes.
- **Keep it dark! That includes your phone!** Less visual disruption means better sleep quality. Put your phone away and stop scrolling.
- **Limit the nighttime snacks.** Certain foods such as chocolate coffee, and alcohol can keep you from sleeping better. These are stimulants.
- **Make a sleep ritual.** Stress gets us all and having a ritual to decompress and destress at the end of the day can keep your worries from keeping you up late at night.



SLEEPY GIRL MOCKTAIL

The latest TikTok trend! Users claim that this mix of tart cherry juice, magnesium powder, and prebiotic soda is a game-changer. Your Wellbeing Consultants break it down for you:

- Cherry juice contains a high concentration of melatonin; this hormone induces drowsiness. Magnesium regulates stress which may help your body to sleep.

Don't sleep on this and read more [here](#).